

Grof Transpersonal Training Presents in Ireland

The Power Within

The Practice of Holotropic Breathwork

with GTT Director *Tav Sparks*

September 26 - October 1, 2006

Boyne Valley - Drogheda, Co. Louth, Ireland

In this workshop, Holotropic theory comes alive. It's where we experience the essence of the practice first hand. We not only discuss the principles that support and inform the practice of Holotropic Breathwork. But we go beyond theory to show why Holotropic Breathwork is such a special method for personal exploration and healing. This is a unique opportunity to move to deeper levels of your own inner process and also to learn what's behind the Holotropic approach to working with others. As you become acquainted with accompanying others on their journeys, you will also discover how to translate the Holotropic theory into a tool for enriching your everyday living experience.

Topics include: 1) the power of the Inner Healer; 2) the Holotropic Breathwork lineage; the history of the healing potential of non-ordinary states; 3) the importance of facilitator presence; 4) an inside look into the framework of a Holotropic Breathwork session; 5) how to encourage and support the integration of the Holotropic experience; and 6) Holotropic bodywork, including: its history, theory and practice, - demonstration of bodywork, - hands-on work by participants, - discussion of specific challenging situations that facilitators encounter, - ongoing exploration of the way Holotropic Breathwork can change our everyday life.

This workshop includes Holotropic Breathwork sessions, art, music, dancing, & integration. It is designed for anyone interested in transformation, as well as being a part of HB practitioner training program.

Cost of €1250 (before July 15, €1375 after) includes five nights lodging & meals.

Tav Sparks is the Director of Grof Transpersonal Training and leads most training events in the United States and in many other countries. He has been the primary faculty member since the training began in 1989. Since 1985, Tav has led numerous workshops internationally in Holotropic Breathwork and in transpersonal approaches to wellness and recovery. He is author of *The Wide Open Door: The Twelve Steps, Spiritual Tradition and the New Psychology*; the training manual *Doing Not Doing: A Facilitator's Guide to Holotropic Breathwork*; *Through Thunder: A Poetic Death Rebirth Journey* and seven screenplays combining the transpersonal perspective with modern popular culture. His current project is the book *Movie Yoga: How to Transform Yourself While Sitting on Your Sofa*. Since 1990, he has been program coordinator for three conferences of the International Transpersonal Association (ITA) and served as a member of the ITA Board of Directors.

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